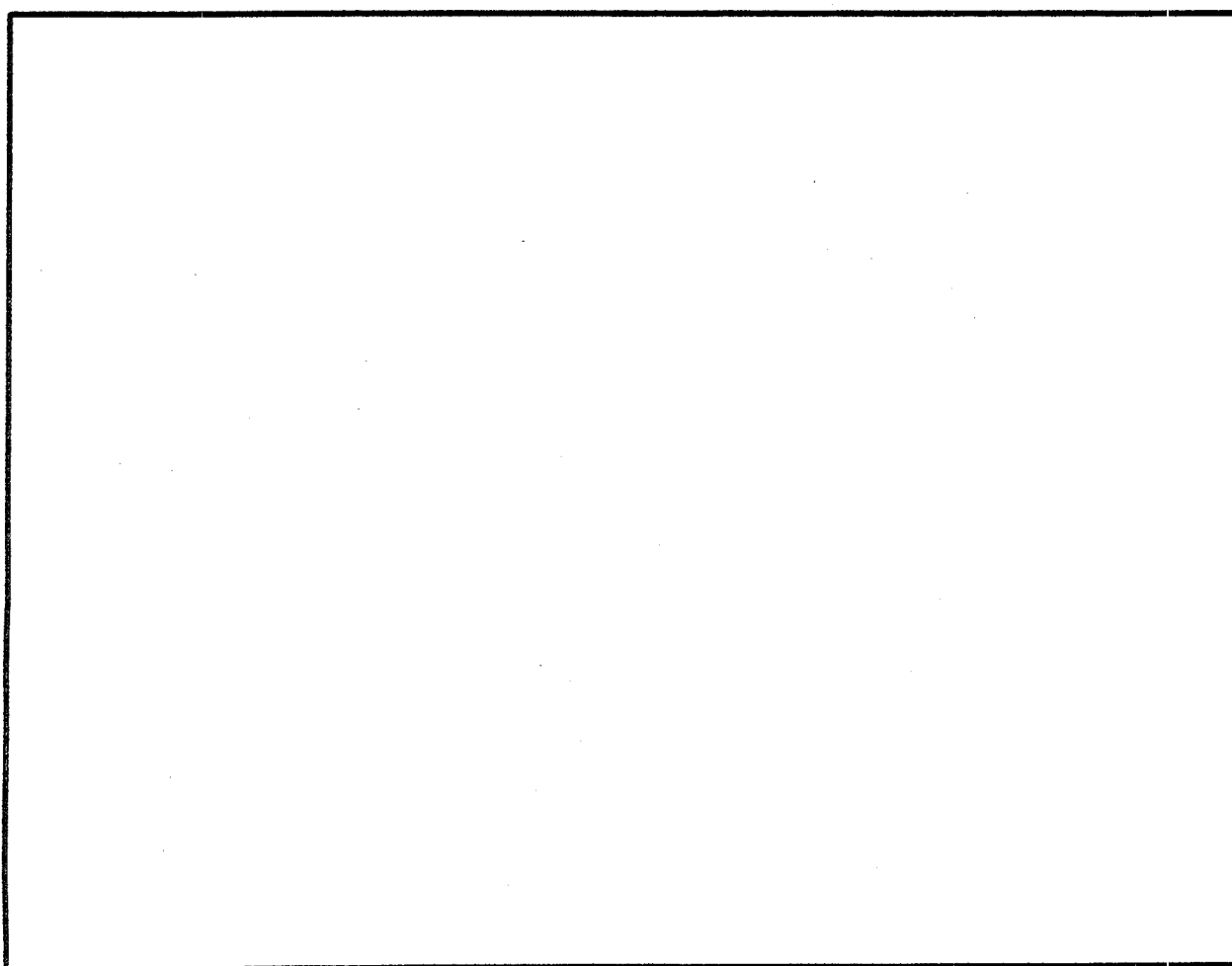




Serious Steel

812102

INNER/OUTER THIGH MACHINE



**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

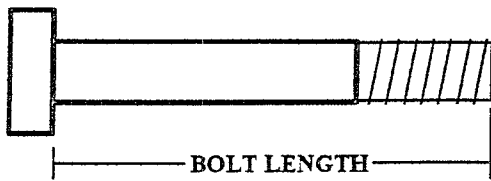
812 INNER/OUTER THIGH MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

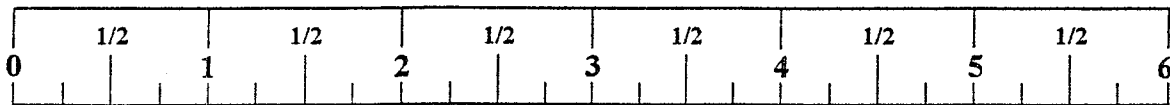
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3-3/4 IN. BOLT	2
2.	3/8 X 3-1/4 IN. BOLT	2
3.	3/8 X 3 IN. BOLT	11
4.	3/8 X 2-3/4 IN. BOLT	3
5.	3/8 X 2 IN. BOLT	5
6.	3/8 X 1-1/4 IN. BOLT.....	2
7.	3/8 IN. LOCK WASHER	4
8.	3/8 IN. FLAT WASHER	47
9.	3/8 IN. LOCK NUT	21
10.	SPRING PIN ASSEMBLY	2
11.	3/4 IN. FLANGE BEARING	8
12.	STAR LOCK COLLAR	6
13.	3/4 IN. THRUST WASHER	2
14.	PLATED HOOK.....	1
15.	QUICK LINK.....	1
16.	PARAGLIDE STRIP (8 PER)	1
17.	3/4 IN. PLASTIC WASHER	1
18.	2 IN. SQ. END CAP	7
19.	1-3/4 IN. SQ. END CAP	1
20.	3/4 I.D. X 1/2 IN. VINYL CAP.....	2
21.	1 I.D. X 5 IN. GRIP	2
22.	2 IN. SQ. COVER CAP.....	4
23.	3-1/2 x 1 IN PULLEY	6
24.	4-1/2 X 1 IN PULLEY	1
25.	CABLE ASSY	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



812 INNER/OUTER THIGH MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	CARRIAGE UPRIGHT WLDMT(6465103).....	1
2.	BASE WLDMT(6464503).....	1
3.	BEARING HOUSING WLDMT(6467203).....	1
4.	PULLEY MOUNT WLDMT(6467403).....	1
5.	ARM WLDMT(6467703).....	2
6.	RIGHT HANDLE WLDMT(6468003).....	1
7.	LEFT HANDLE WLDMT(6468103).....	1
8.	SWIVEL ARM WLDMT(6468203).....	2
9.	CARRIAGE WLDMT(6468502).....	1
10.	ROTARY PLATE(6464202).....	2
11.	PAD(6597402).....	2
12.	BASE TUBE(6236503).....	2
13.	3-3/16 X 7 IN. ROLLER PAD(6016401).....	4

812 INNER/OUTER THIGH MACHINE ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE *812 INNER/OUTER THIGH MACHINE*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- **THE *812 INNER/OUTER THIGH MACHINE* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.**
- **IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714**
- **TOOLS REQUIRED: RATCHET, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER**

1. Insert two (2) 2 IN. SQ. COVER CAPS onto both ends of the **REAR BASE TUBE** as shown on drawing.
2. **SECURELY** assemble the **REAR BASE TUBE** to the **BASE** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 x 3 IN. LOCK NUTS.
3. Insert two (2) 2 IN. SQ. COVER CAPS onto both ends of the **FRONT BASE TUBE**, and one (1) 2 IN SQ. END CAP into the **BASE**, as shown on drawing.
4. **SECURELY** assemble the **FRONT BASE TUBE** to the **BASE** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 x 3 IN. LOCK NUTS.
5. Attach eight (8) PARAGLIDE GRIPS to both ends of the **CARRIAGE** as shown in (DETAIL B) using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
6. Insert one (1) 1-3/4 IN. SQ. END CAP into the **CARRIAGE UPRIGHT** as shown on drawing.
7. Slide the **CARRIAGE** onto the **CARRIAGE UPRIGHT** and **SECURELY** attach the **CARRIAGE UPRIGHT** to the **BASE**, using two (2) 3/8 x 3 IN. BOLTS, one, (1) 3/8 x 2-3/4 IN. BOLT, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS.

812 INNER/OUTER THIGH MACHINE. ASSEMBLY INSTRUCTIONS

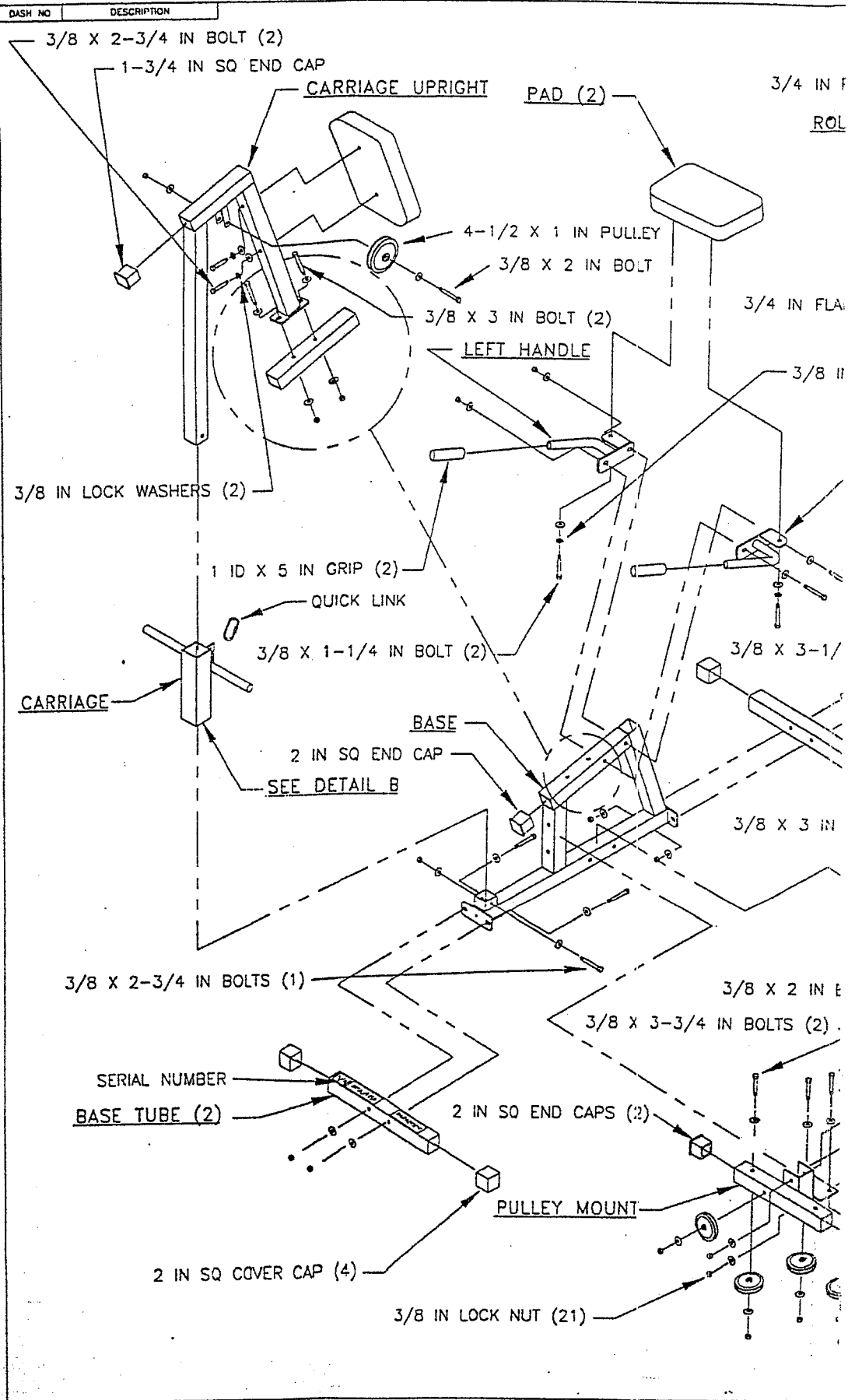
8. Insert two (2) 2 IN. SQ. END CAPS into both ends of the **BEARING HOUSING** as shown on drawing.
9. **SECURELY** assemble the **BEARING HOUSING** to the **BASE** using two (2) 3/8 X 3 IN BOLTS, four (4) 3/8 IN WASHERS, and two (2) 3/8 IN. LOCK NUTS.
10. Insert two (2) 2 IN. SQ. END CAPS into both ends of the **PULLEY MOUNT** as shown on drawing.
11. **SECURELY** assemble the the **PULLEY MOUNT** to the **BASE** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. **(MAKE SURE THE PULLEY MOUNT IS ATTACHED AS IT IS SHOWN IN THE DRAWING)**
12. **SECURELY** assemble two (2) SPRING PIN ASSEMBLIES to the **ARMS** as shown in **(DETAIL A)**.
13. Insert four (4) 3/4 IN. FLANGE BEARINGS into the BUSHINGS of the **ARMS**.
14. Insert the shaft of each **SWIVEL ARM** through the 3/4 IN. FLANGE BEARINGS on the **ARMS** as shown on drawing, and **SECURE** in place with two (2) 3/4 IN. STARLOCK COLLARS.
15. Insert two (2) 2 IN. SQ. END CAPS into the ends of the **ARMS**, as shown on drawing.
16. Insert four (4) 3/4 IN. FLANGE BEARINGS into the BUSHINGS of the **BEARING HOUSING**.
17. Assemble the **ARMS** to the **BEARING HOUSING**, using the following steps:
 - Carefully tip the **BASE** on its side.
 - Slide one (1) 3/4 IN. THRUST WASHER and one (1) **ROTARY PLATE** onto the shaft of each arm.
 - Attach each **ARM** to the **BEARING HOUSING** and **SECURE** in place with two (2) 3/4 IN. STAR LOCK COLLARS.
18. **SECURELY** attach the **LEFT** and **RIGHT HANDLES** to the **BASE** using two (2) 3/8 x 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCKNUTS.
19. Slide two (2) 1 X 5 IN. GRIPS over the **LEFT** and **RIGHT HANDLES**. **(IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)**
20. **SECURE** the **SEAT PAD** to the **LEFT** and **RIGHT HANDLES** using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
21. **SECURE** the **BACK PAD** to the **CARRIAGE UPRIGHT** using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
22. **SECURELY** attach four (4) 3-1/2 X 1 IN. PULLEYS to the **PULLEY MOUNT**, as shown on drawing, using two (2) 3/8 X 2 IN. BOLTS, two (2) 3/8 X 3-3/4 IN. BOLTS eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.

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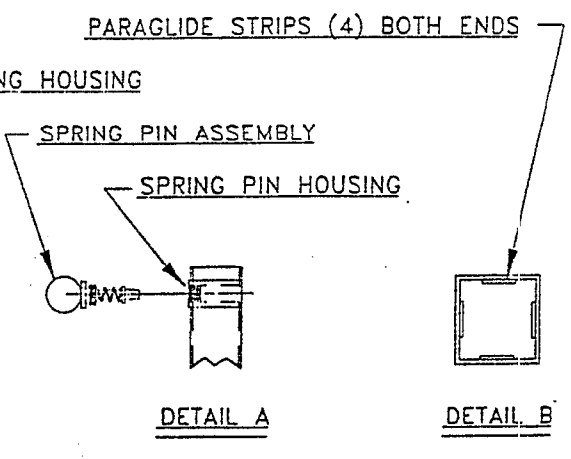
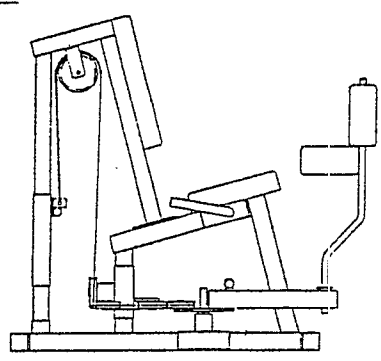
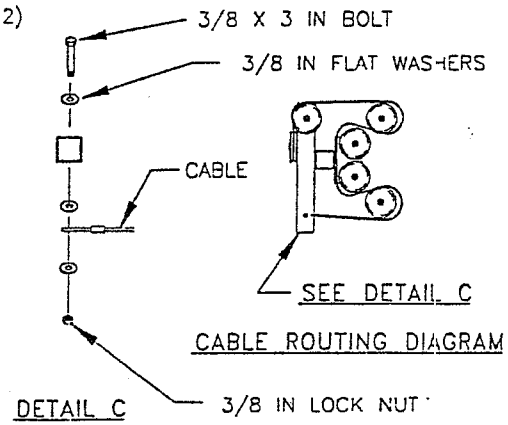
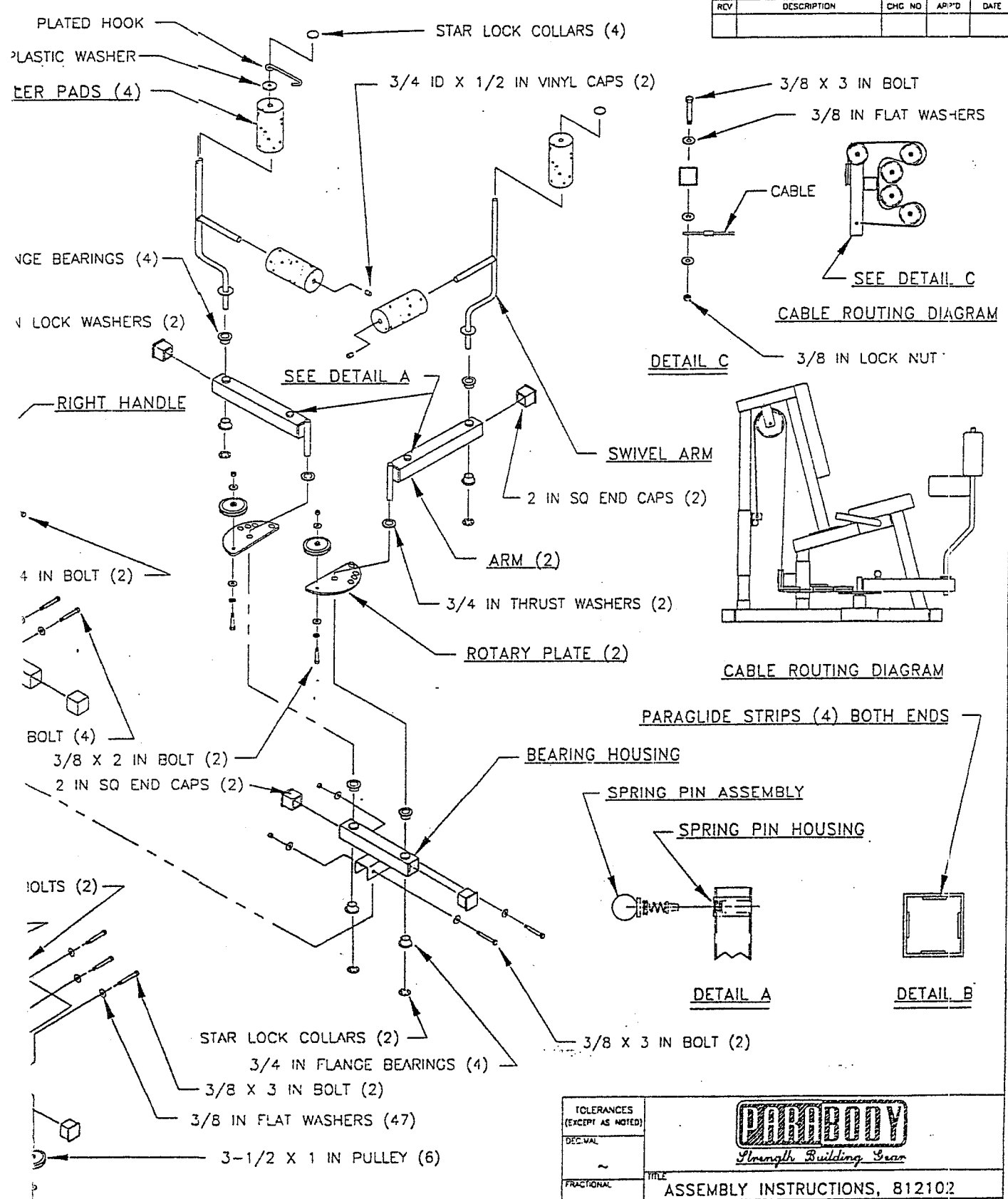
23. **SECURELY** two (2) 3-1/2 X 1 IN. PULLEYS to the **ROTARY PLATES** using two (2) 3/8 X 2 IN. BOLTS, four(4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCKNUTS. (**NOTE: BOLTS MUST FACE UPWARD FOR PROPER FUNCTION**)
24. **SECURELY** assemble one (1) 4-1/2 X 1 IN. PULLEY to the **CARRIAGE UPRIGHT** using one (1) 3/8 X 2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
25. To assemble the CABLE, follow the **CABLE ROUTING DIAGRAM** on drawing, and use the following steps:
 - **SECURELY** assemble one end of the CABLE to the **PULLEY MOUNT** using one (1) 3/8 X 3 IN. BOLT, three (3) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCKNUT as shown in (**DETAIL C**). (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LOOP TO MOVE FREELY**)
 - **SECURELY** attach the other end of the cable to the **CARRIAGE** using one (1) QUICK LINK.
26. Assemble two (2) ROLLER PADS to the horizontal ends of the **SWIVEL ARMS**, using two (2) 3/8 X 1/2 IN. VINYL CAPS.
27. Assemble one (1) ROLLER PAD to the vertical end of the right **SWIVEL ARM** , using one (1) 3/4 IN. STARLOCK COLLAR.
28. Assemble one (1) ROLLER PAD, one (1) 3/4 IN. PLASTIC WASHER, and one (1) PLATED PIN HOOK, using one (1) 3/4 IN. STARLOCK COLLAR
29. To perform the Leg Abduction, (outer thigh exercise) use the following setup steps:
 - Load weight pegs with desired weight.
 - Pull the spring pin assembly and adjust each arm until the pin lines up with the first hole of the rotary plate (arms together).
 - Turn the swivel arms so the horizontal roller pads are facing each other.
 - Sit in machine so legs are together, horizontal roller pads are under knees, and vertical roller pads are on the outside of legs.
 - Grip handles under the seat and push legs against vertical roller pads out away from each other as far as comfortable, bring legs back together, and repeat.
30. To perform the Leg Adduction, (inner thigh exercise) use the following setup steps:
 - Load weight pegs with desired weight.
 - Pull the spring pin assembly and adjust each arm until the pin lines up with one of the three outer holes of the rotary plate (arms away from each other).
 - Turn the swivel arms so the horizontal roller pads face outward.

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- The plated hook can be used to hold the arms together for easy entry and exit. Pull arms toward each other and hook together.
- Sit in machine so horizontal roller pads are under knees and vertical roller pads are on the inside of legs.
- Grip handles under the seat, squeeze knees together and unhook the arms.
- Let arms move away from each other as far as comfortable, squeeze legs back together, and repeat.



REVISIONS				
REV	DESCRIPTION	CHK NO	APP'D	DATE



TOLERANCES (EXCEPT AS NOTED)				
DECIMAL	~			
FRACTIONAL	~	TITLE ASSEMBLY INSTRUCTIONS, 81210.2		
ANGULAR	~	SCALE 1/13	SIZE C	DRAWING NO. 66566
		SHEET 1 OF 1		
		DR SAL 10/96	CHK'D	10/96 APP'D JAB 10/96